

E
XV
18



3854.9 / B

E. xv.

18/

NEW (The)
E

THE
NEW METHOD

OF

Treating FEVERS, PILES, and PLEURISIE,
improved.

To which is now added,
A New METHOD of treating

THE

Asthma, Cough, and Dropsey.

With some Observations on the

SMALL POCKS.

Which have not hitherto been Noticed.

Dies Diem Docet.

Printed for the AUTHOR, and Sold by DANIEL BROWN,
at the *Black Swan*, without *Temple-Bar*, London.

1761.

58355

THE

NEW METHOD

of treating Fevers, Typhus, and Pleuritis,

improved

To which is now added,

A New METHOD of treating

the

Althous, Cough, and Hoarseness.

With some Observations on the

SMALL POX.

Which have not hitherto been noticed.

By J. D. D. D.

Printed for the Author, and sold by DANIEL BROWN,
at the Black Swan, without Temple Bar, London.

1791.





T H E
P R E F A C E,

I Must acquaint the Reader, that what I here offer, (tho' New and out of Tract) is founded upon Experience, and safe and easy to be Practised, as will appear in the Chapters of the several Distempers ; so that here I shall say nothing further about them, only with respect to the Small-Pocks ; I must observe, that the Gentlemen who of late have wrote upon them, are so intent upon recommending their favourite
Practice

Practice of Purging, that they overlook several Things most necessary to be done in the course of this Distemper ; these I have pointed out, and can assure the Reader, that if they are duly attended to, Cases of Extremity (in this very dangerous Illness,) will be less frequent.—That what I propose may be beneficial to Mankind, and atone for the Errors of its Author, is all he desires.





C H A P. I.

Of F E V E R S.

FEVERS (as 'tis generally thought) make near two thirds of all our Diseases, and as they mostly attack the young and vigorous, great numbers of these are daily carried off by them.

A Disease so destructive requires the Physicians greatest Care, and as his Success depends much on proper Measures taken in the beginning of the Distemper; the sooner he is consulted the better, for Fevers (for the most part) are easily cured, I mean the common continual Fever (which is the sort most frequent amongst us) if taken in Time; not but that this Fever in an ill habit of Body, or by neglect, or by a wrong Method of Cure, &c. may become putrid and dangerous.

Authors, who have treated upon Fevers, I mean such as appear to have best understood them, commend a general warm Moisture, or gentle breathing
B
Sweat,

Sweat, as the most favourable Symptom in this Distemper : They tell us, the Sick is never so easy, nor in so hopeful a Way, as when in this Temper, and some go further, and say that where Evacuation can be performed by Diaphoreticks, it bids the fairest for the most universally successful Practice in the cure of Fevers, provided it be carried on by such Methods or Medicines as only promote insensible Perspiration, or a very gentle breathing Sweat, and yet none of them have offered any thing out of the common road to produce it. They give indeed, the usual Sudorifics, but these are improper, and they failing, nothing further is attempted to raise it, as if this Sweat was a chance Thing, or an act of Nature, done at her own Time, and in her own Way, but not to be done by art, but this is their mistake, for I shall presently shew that it may be done at any Time, and that too in a greater or less degree, as the Case requires, *viz.* High as a Sweat, or low as insensible Perspiration.

Volumes have been wrote upon Fevers, and new Theorys, and new Methods of cure propos'd in abundance ; as to the Theory of Fevers, if the cause of the Fever (I mean of the common continual Fever) is visciditv, and that from obstructed Perspiration, as it generally is, the Method or Intention of cure can be no other but to attenuate that visciditv, and restore Perspiration, and this is safely done by Friction, which by its immediate action on the skin, opens the Pores, and gently increasing the motion of the Fluids, attenuates the Visciditv or Lensor, and by this means, often puts a stop to the Fever, if done in the first Days of Disorder.

But before I shew the Way to do it, I must answer an Objection, *viz.* That as Friction raises a heat, it may be

be dangerous in a Fever to use it, and it really would be so, was there not at the same time, that a heat is raised, an outlet, or vent, *viz* the cutaneous glands are opened to discharge it. — The not doing this may be the reason why the giving the Theriaca, and other hot Medicines in the beginning of a Fever does not raise a Sweat, but a Heat ; and truly not only the Theriaca, but even the milder Diaphoreticks cannot be given without danger, while the Pores are closed, and nothing suffered to perspire. This error has not been observed, and may be the reason why hitherto we have made no greater progress in the cure of Fevers. Some Method therefore which at one and the same time, would answer both these intentions is to be desired ; and till a better is offered I will recommend the following, as a safe, easy, and certain Diaphoretick, and most powerful attenuant, and it is this, *viz*.

The needful Evacuations, as Bleeding, Vomitting, Glister, or lenient Purge, that is to say, such of them as are indicated being premised, after which the Patient being put into a warm Bed, he must drink or sipp a small bason of Sage Tea, or any other temperate Liquor pretty hot, and then lying upon his Back, his Feet put into a warm Blanket doubled, and reaching up to his Breast, he must rub himself ; that is draw up his Shoulders and Legs on each Side alternately, keeping his Arms in Bed, and moving with his Shoulders, but close to his Sides so as to rub them ; this rubbing must be continued (but without hurry) till it raises a general equable Sweat, which in warm Weather will soon be effected ; and also in cold Weather, if the Nose and Mouth are covered with the Sheet, but no more covering on the Bed than usual ; as soon as he Sweats he must cease to rub, but must still keep his Arms in Bed, and close to his Sides, and his Hands upon his Thighs,

by

by which, and drinking now and then, Sage Tea, or other warm Diluent, the Sweat may be continued as long as needful. — But if only a degree of Sweat and Moisture is intended, very little higher then insensible Perspiration ; he must when in Bed and lying on his Back, keep his Arms close to his Sides, and his Nose and Mouth covered with a Piece of the Sheet ; in this Posture with a very little rubbing, he will presently begin to be moist, especially if he has first taken a dish or two of warm Sage Tea, or other warm temperate Liquid, and when either the Sweat or the Perspiration abates, or are checked by accident, repeat the rubbing, which in two or three Minutes will restore it ; if by this Method the Patient finds himself better, he must persist in it, for what abates the Disease will Cure it, if continued.

If he cannot rub himself, he must be rubbed with a coarse Flannel, and if he is of a thin habit, his Fibres rigid, Skin dry, and contracted, two Bladders half full of hot Water, and wrapt in a Flannel Cloth must be put near his Sides, till the Skin is relaxed, and grows moist, and then remove them ; or he may soften and cleanse his Skin, with a Flannel Cloth dipt in warm Water and prest out before he rubs : If Medicines are required during this rubbing, I would recommend this following Powder, *R. Rad. Contr. Yeru. Pulv. Scrup. i Sal. Nitr. Drachm s. s Pulv. e chel. cacnr. subtil. pulv. Scrup ii Crem. Tart. Pulv. Serup. iiii m. pro dos. 4* to be taken every three or four Hours. It may be proper some times to add to these Powders two or three Grains of Aloes, and a few Grains of *Sap. Ven.* and make them into Bolus's to be taken twice a Day, let none be afraid to take them, tho' in a Fever, for they are not in quantity to hurt, but thus given in the present viscid State of the Blood they act as an Attenuant, and

and if the morbid Matter tends downwards, they will further act to pass it off, by Stool or by Urine, while rubbing carries off the finer Parts through the Pores of the Skin by Transpiration, and thus the Passages for the Secretions are kept open, to the very great benefit of the Patient. All his Drink must be warm with more or less Lemon as Bile abounds; cold Linen and cold Air, &c must be avoided, and the Patient kept in Bed, till all danger of Fever is over, when lenient Purges, and Bitters will finish the Cure.

If this Method does not succeed, and truly I know no Method infallible, only this I know, that during this Friction no proper Medicine need be omitted, so no time is lost, nor the Patient injured by it; but supposing the Fever increases and threatening Symptoms arise, if I am asked what is then to be done? Why, as it may be supposed, that the Blood, is not now in a viscid but in a broken and putrid State, it must be treated as a putrid Fever.

But to return, Sweating I know is condemned by *Sydenham*, in the beginning of Fevers, but that was a profuse Sweat, raised by hot Medicines, and hot Management, which was the Practice of the old Women Male and Female, of his Time, but the Sweat here proposed is only a warm Moisture, and the Friction (as already observ'd) may be so managed as to raise it no higher, and this is that warm and moist Skin or Temper, which every Practitioner would chuse to have his Patient in throughout the Fever, as he knows that Fever cannot rise high where there is a Port, *viz.* the Pores always open, to discharge its morbid Matter.

Thus Friction is of benefit in the Cure of Fevers,
viscid

when used alone, and when Medicines (I mean such as are above directed) are needful to be added, it greatly assists them, to attenuate the viscid Humour, and promote CONCOCTION of this, *viz.* Concoction, much has been said, for every Medical Writer, since the time of *Hippocrates* gravely tell us, that in Fevers the CRUDA is not to be moved, and yet if we Examine their Practice (I mean that of the Moderns) we shall find they move nothing else, for they who follow *Sydenham* in the Cure of Fevers, after Bleeding give Purges, either Draughts, or Glisters; others who use the hot Method give Sudorificks, thus neither of them regard the Aphorism, but both move the Cruda, for in this Stage of the Fevers according to *Hippocrates*, Author of the Aphorism, there is no coëta. The first by Purging draw the Humours from the Pores, through which they ought to pass, and the other by Sudorificks drive them to the Pores, through which they cannot pass; thus one cools, and the other heats, and both are ill Practice, tho' all do not happen to die that are thus treated; others proceed in the middle way, and give Neutrals, those indeed do not like the other put a force upon Nature by driving her out of her Way; nor can they be said to distress her, but yet by a neglect of Friction, they do not give her all the help in their Power, for by that, *viz.* Friction, the Blood may be put into such a due degree of motion as to be gently but continually acting upon the Peccant Humour, continually Comminuting, Concocting and Expelling it, or perhaps by a yet further degree of Elaboration, so prepare and fit it, as to mix and reassimilate with the Blood; thus sometimes the Disease vanisheth, and the Sick recovereth, without any sensible Evacuations. *Baglivi* lays there are Fevers in which the Peccant Matter ought to be expelled by Sweating, or by other natural Ways, without staying

staying for Concoction, least remaining too long in the Blood it should corrupt it, and accelerate Death, and this caution is the more to be regarded since Dr. *Friend*, in his Commentary upon Fevers acquaints us, that out of two and Forty Patients, labouring under an acute Fever, treated in the lingering Way, of waiting for Concoction, seventeen only recover'd, tho' under the care of *Hippocrates*, so that if instead of losing Time in waiting for the Coëta, according to his Aphorism, he had in the manner here proposed, medicated the Cruda, he cou'd not have had worse success, but in all probability would have sav'd more of his Patients ; I therefore do not lose Time by waiting for Concoction, but assist Nature by a safe and most speedy Way, to produce it ; and if this is in our Powder to do that is, if such a degree of motion may be rais'd in the Blood, as to remove Obstructions, unlock the stagnating Fluids, restore their action, attenuate the Lensor ; or in other Words, turn the Cruda into Coëta and expel it out of the Body. — Why should we wait ? why should we delay ? To do that which the safety of our Patient requires to be done without delay.

This Method of treating Fevers, and other acute Distempers, by Friction, I took to be a new Practice, but I find others have used a Method something like it, so I shall not call it a New Practice, but an Improvment of the Old ; for *Mackenzie*, in his History of Health tells us, that *Galen* says a Man seems to be in a middle State between Health and Sicknes, when he has some slight Ailment, that does not confine him to his Bed or from Business ; such as an inconsiderable Head-Ach, loss of Appetite, unusual Weariness, Weight or Drowsiness, in this Case it is the Business of the Physician to prevent these small
(if

Disorders from growing worse, by correcting without delay, the Disposition by which they are propagated, (if for Example) the beginning Complaint arises from too great a Fullness, that fullness should be diminished by Abstinence, but if abstinence is not sufficient, then by Bleeding, Purging, or Sweating.

To the same Purpose *Boerhaave* tells us, that as soon as we perceive from certain Symptoms, that any Distemper, *viz.* Acute is approaching we should prevent it, by pursuing a Method opposite to the Cause which is to produce it, and this Method (he says) consists chiefly in using the following Means, *viz.* We must in the first Place practice Abstinence, and rest, and drink several draughts of warm Water; we ought in the next Place to use some moderate Exercise, and persist in it, till a gentle Sweat begins to break forth, after which we should immediately go into a warm Bed, and there indulge a free Perspiration, by these means the Vessels are relaxed, gross Humours are diluted, noxious Humours are discharged, and impending Distempers are prevented.

But *Mackenzie* goes farther, and says when you find yourself indispos'd, you must go directly to Bed, and there lie for one, two or three Days, till your Complaints are removed, living all the while upon Water Gruel, or Panada for Food, and on Water, small Negus for Drink; and this easy Method of preventing impending Distempers, (he says) is frequently practised with good Success.

N. B. Friction added to is this the very Method I am recommending.

C H A P. II.

Of the P I L E S.

MR. *Wiseman* hath wrote upon this Distemper, and has said a great deal about it, but I think I have seen much severer Cases then, these he has related. As to the Cure, I agree with him, that Blood is to be taken from the Arm, and afterwards emmollient Glysters are to be given, and lenient Bolus's with Sulphur, Nitre, and lenient Electuary, which with Fomentations, Cataplasms, &c. used in the milder sort of the Cæcæ may give relief; but when there is a great Flux of Humour, high Inflammations, the Piles much swelled, exquisitely painful, and attended with a Tenesmus, Ischuria, and more especially when the Patient in about Half an Hour after his Stool, is seized with the most excruciating Pain in his Fundament, and which holds for three or four Hours without abatement; though Fomentations, Injections, and Cataplasms, of various sorts are used; and even Opium in strong Doses give no relief, which is a Case Mr. *Wiseman*, (as I remember) has not in his Observations of the Hæmorrhoids.

In this Case, I order a Glyster of Milk and Butter, to be given the Patient a little before he goes to Stool, and to keep it for some time, by which means his Excrements are softened, and when on the close Stool slip from him without much Pain, he must then immediately get off the close Stool, tho' he still has a violent needing, and having a warm Cloth ready, he must put it close to his Fundament and lay down, in the mean Time half a dozen fresh Leeches being ready must immediately be applied, but not upon the Piles, but to their Bases, or at a very little distance from them, by which means, I have never known them do any harm, tho' I have a long Time used them; after the Leeches

C have

have been on a few Minutes, the Patient will be comfortable, and the dreaded Pain prevented, the Leeches must be suffer'd 'till they fall off, and the Bleeding to continue 'till it stops of itself, and this Method being repeated three or four Days, the Piles will be easier, the Inflammation disappear, the Tenelmsus and Ischuria go off, and the Swelling of the Anus be so much settled, as to be easily reduced,; when a Bolster of linnen Cloth, about a Finger's length, and about three Fingers broad, doubled six or seven times, and soft Paper put upon that, the Corners of the Paper being cut off, must be put upon the Fundament ; and by Bandage kept so close to it, as gently to press upon it, and as it wets, it must be renewed ; and this must always be wore afterwards by Persons subject to this Distemper, for it will not only defend the Part from the Cold, especially the North East Winds, which should particularly be guarded against ; but also brace and strengthen the lax Fundament, and so prevent Humours from falling upon it, which are always ready to settle there, so great is the Benefit of Bandage. I shall only add, that by this Method and TEMPERANCE, Persons formerly subject to the Piles, and very miserable, have been kept free from them, and enjoy'd a good State of Health.— And thus might many a Fistula in Ano be prevented, or at least kept so much under, as to be no more Pain or Trouble than a common Issue. N. B. If the Fundament does not contract after a Stool, but there remains a little fullness at the Verge of the Ano, it must be gently put up ; the Patient may do it himself, by a Rag upon his Finger, before the Bolster and Bandage is tyed on ; and as to his Stools they should be done in Places least exposed to the winds —And in Pains also, of the Abdomen below the Navel shooting downwards, when other means have been used, without effect, Leeches apply'd to the Hæmorrhoid Veins, often give relief.

C H A P. III.

Of the P L E U R I S I E.

AS to the Pleurisie I would observe, that after a sufficient Quantity of Blood is taken from the Arm, (and if large Bleeding is ever proper it is certainly so in this Distemper, and may be drawn even to Faintness,) I order an emmolient Glyster, after which I put the Patient to Bed, and then apply five or six good Leeches to the pained Side, and which must be done in the beginning of the Distemper, for it will be of no use after an Abscess is form'd. When the Leeches drop off, the Orifices must be kept open as long as possible, in the mean Time give the Infusion of Horse Dung in Penny-royal Water, to half a Pint of which add, *Laud. Liq. gutt. xxx and Sp. cc. per ce gutt 50.* Take two Spoonfuls every Hour or oster, 'till the Pain abates, drinking after it a Draught of Pectoral Drink warm, to promote a breathing Sweat, keeping close in Bed. Laudanum is used in this Mixture, not only as an Anodine, but as a Relaxant, the Quantity may be more or less, as the Case requires, and likewise of the Spirit c. c.

I have formerly laid a Blystering Plaister upon the pained Part, which sometimes did well, but when it fail'd the Patient was displeas'd, and thought it a cruel Practice, and as the Success was uncertain I gave it over, and instead of it used Leeches as above, and generally with more Success. As to cupping the Part I think Leeching (on many Accounts) is greatly to be prefer'd to it. And as to Ointments, and emolient Fomentations, 'tis to be fear'd, that these Applications, by too much relaxing the Fibres, and weakening their Spring, the Humour is suffer'd to lodge, and the Part affected

affected dispos'd to mortify and sometimes does so, in this Case the Pain it is true abates, and the Stitch is easy, but the Patient is dying.

Having mention'd Laudanum, I will give a Præscript of one, which I have used a great many Years, and for several Reasons, think it preferable to any I have seen.

R Opii nuciam unan, testar. Ovor. seminnciam Aq Vit. uncias duodecim, M. S. A.

Cut the Opium into thin Slices, put them and the Shells into a Mortar, and put upon them two or three Spoonfuls of the Brandy, or any other proof Spirit, except Malt Spirit, which gives a most disagreeable Flavour, work them well together to soften the Mass, and as it softens add more Spirit, till all the Spirit is used, and all the Opium dissolved, then put it into a Bottle let it stand cool, shaking it every Day for a Week, let it stand for a Fortnight longer, when decant the clear (without filtering) for use. This way the whole Substance of the Opium, both its Resinous and Mucilaginous Parts are perfectly dissolved and united, for after a Fortnight settling nothing remains but the Shells and some few Dregs of the Opium. It will keep without decay. About twenty Drops will answer an Ounce of Diacodium; I hope that no Body will believe that any Thing is intended by the Shells, but to open and divide more easily the Body of the Opium.

Dr. Huxham Dissertation on Pleurisie and Peripneumonies is full and judicious, and ought to be diligently Read by the young Practitioners.

CHAR.

C H A P. IV.

Of the A S T H M A.

IN Treating of this Distemper, I mean the Humid Asthma, or that caused by viscid Humour, I recommend the *Gum Ammoniacum*, to be used in Substance, as greatly preferable to its Solution usually given in this Distemper; I did not know that any one else used it so, 'till in some Conversation with the late President of the College (Dr. Plumbtree) he told me he did, and so may others but none (that I know) has Publish'd it, or any other Thing contain'd in this Book, except Dr. Huxham, which I shall take Notice of in its proper Place.

Evacuations being premised if needful, let the Patient after a very light or no Supper, and about two Hours before he goes to Bed (which should always be early) put one of the following Expectorating Lozenges into his Mouth, and keep it there till it is quite dissolv'd, swallowing it as it dissolves; the Gum thus used, not only warms and stimulates the Salivary and adjacent Glands to discharge their slimy contents, but its volatile Parts enter with the Air into the minutest recesses of the Lungs, and soon and sensibly causes a freer and more easy Breathing.

The L O Z E N G E.

R Gum Ammon. elect Drach. i. aq. font. q. s. m. f. pil. vel. placentul. 8.

When it is all dissolv'd, which will be in about half an Hour it will excite a hauking and spitting or Excretion, which must be encouraged by working the jaws and rubbing the Tongue on the roof of the Mouth, without drinking or washing it; by this means a Spitting

ting will be continued an Hour or longer, (the longer the better) and much ropy Matter by this means will be discharg'd ; at Night going to Bed take two or three of the following opening Pills,

R. Sapon. Venet. Scrup. 2 Aff. fatid. Drach. sem. Rad. Enul. Camp. recent et siccata Scrup. 2 Aloes. succ. gr. 3 Syr. Alb. q. s. m. f. Pil. xii.

Exercise must be used in this Distemper, especially walking upon rising Ground, and at the same time Hemming, and drawing the Breath even to yawning ; but if he is too weak to walk, Riding on Horseback, or in a Coach may be used ; and when this cannot be done rocking in a Machine made for that purpose, or wheel'd about a Room in an Elbow Chair upon Castors, I have found to be very beneficial To these may be added the Exercise of rubbing in Bed, and going early to it as directed, and not to Sweat but to Perspire : Meals must be sparing, Food light and of easy digestion, common Drink toast and water, or a good Spoonful of ground Oatmeal put into a Quart of Water, well stir'd and used when settled, with or without Wine.

If what is here recommended be duely observ'd, and Night Air, late Hours, and much Eating or Drinking, that is, whatever loads the Stomach thickens the Juices and obstructs Perspiration, is to be carefully avoided.

If the Asthmatick (I say) observes these Directions, OR IN OTHER WORDS DESIRES TO BE WELL, I make no doubt but that he will find Relief, and in future enjoy better Health, without the Trouble and stench of Issues, and which I think may be spar'd in many other Distempers, was TEMPERANCE and PERSPIRATION more attended to.

N. B.

N. B. I do but just touch upon the Asthma, to introduce the excellent Medicine above-mention'd ; they who want to be further inform'd of this Distemper, may read *Floyer*, who has wrote professedly upon it.

CH A P. V.

Of the C O U G H.

H E R E I must distinguish between a fresh Cold, and an old and long continued Cough : The first generally begins with a sneezing and a running at the Nose, of a thin humour, so very sharp as often to exaceriate it, and which falling upon the Trachea causes that troublesome Sensation called a Tickling Cough : This Cough is cured by Bleeding, Lenient Purges, and common Pectorals, keeping the House three or four Days, and if most of that time in Bed the better, drinking Sage Tea or any other small diluting Liquor warm, to promote a gentle breathing Sweat, the sneezing if troublesome is soon abated, by holding the Head over a hot Stupe of Rosemary, or other Herbs while in Bed, afterwards covering the Nose and Mouth with the Sheet to encourage a gentle Sweat ; and holding a Handkerchief to the Nose when expos'd to the cold Air abroad. The Cough is alleviated by keeping one of the following little Cakes constantly in the Mouth, for these sheath the sharp Humours, and thicken it for more easy Expectoration.

R *Sperm Ceti. Drach 1 Gum. Tragacanth. pulv. Drach. 11 Syrup Alb. q. s. m. f. Placentul. 8 ex. sing. Drach.*

But in a good habit of Body this Cough cures itself.

The

The old and long continued Cough must also be divided into two sorts, namely, the dry and the moist Cough ; the first, is often caused by little glandular Swellings, or Tubercles in the Lungs ; which while Crude and undisturbed, may remain there a long Time without much danger ; but whenever or by what means soever, these Tubercles are disturbed, and their Contents put in Motion, they swell and burst their Teguments, and sheading their morbid Matter upon the Lungs, ulcer them and hasten Death ; and this is properly call'd a galloping Consumption.

But the moist Cough, the Cough I am treating of, seems to be caused by a sharp and viscid Humour, seperated from the Blood by the Lungs, and lodging their stimulates them and causes a Cough ; and as by a long continuance of the Cough, the Lungs, Trachea, &c. are generally inflam'd, the cure must be begun by Bleeding, and that as near the Part affected as may be, so that after taking six or eight Ounces of Blood from the Arm, more or less accordingly to the strength of the Patient ; I advise to open the Veins under the Tongue, and after that to apply Leeches to the Throat on each side the Pomum Adam. and sometimes to the Breast upon the region of the Lungs, and to the Hæmorrhoids if the Patient is subject to Bleed there. In Females regard must be had in their Menses ; these Bleedings are to be made upon these different Parts alternately, and at due Intervals, and may be often repeated in the course of the Cure, for this way of Bleeding does not weaken the Patient.

Mean Time to clear the Lungs, and pump up the viscid Matter lodging in them (upon which the Cure of this Distemper mainly depends) an Expectorating Lozenge, the same as in the Chapter of the Asthma, must

must be taken every Morning fasting, keeping it in the Mouth 'till it is all dissolv'd, and swallowing it as it dissolves ; thus used it will stimulate the Glands of the Mouth, Nose, and Throat to excretion, and this Excretion being encouraged by Hauking, Coughing, and blowing the Nose, much viscid Phlegm, (the fuel of the Cough) is this way drawn off, and the Cure greatly shortened ; for it is observable that this Humour, whether discharg'd by the Throat, Nose, or Lungs, from its colour and consistence appears to be one and the same Humour, so that the more it is evacuated by these Emunctories, the less falls upon the Lungs, and so they are the less in Danger, which is well worth considering.

The Lungs by this means being disburdened, the Breast more open, and the Breath deeper and more easy, give one of the following Bolus's.

R2 Cort. peruv. Opt. pulv. Unc. ss Myrrh. Chalyb. nost. aa. Scrup. 1. Sapou. Ven. Scrup. 4. Aloes Succ gr. 2 Syr. alb. qs. m. f. Bol. 8.

Or a Scruple of Rhubarb if the Aloes is not liked.

These Bolus's strengthen the Lungs, and enables them to resist fresh Defluxions, and keep the Body open, but if that is not wanted, the Aloes must be omitted, and so must the Steel if the Patient is Feverish. About seven at Night after a very light Supper or rather none, repeat the Expecterating Lozenge, and after that the strengthening Bolus, observing the same Directions, and continue them from Day to Day, (unless Spitting of Blood forbids) 'till the Matter cough'd at Mornings is less discolour'd, less heavy, less in quantity, and grows white, clear and light, and the Breathing,

ing more deep and easy, and even after this the Medicines must be continued for some Time, viz. 'till the Lungs are strengthen'd and have recover'd their Tone.

If taking the Expecterating Lozenge twice a Day is inconvenient, take it only once a Day, or every other Day as the Case will bear. The following Lozenge will be very serviceable, if frequently kept in the Mouth.

℞ *Cort. peruv. Opt. part. 1: pulv. Gum. Tragacanth. part. 2. aq. font. q. s. m. f. tabelb. parv.*

Intemperance, fresh Cold, late Hours must be avoided, Exercise greatly promotes the Cure, and must therefore be daily used, Riding is good, and also walking, but if the Patient has not these Conveniences or cannot use them, he may rub himself in Bed a Mornings as directed in the Chapter of the Fever, taking care to cool before he rises. *Bennet* in his *Theatrum Tabidorum*, says, gentle Morning Sweats uniform, and long continued, dissolve those viscid Humours, which clog the Lungs and Wind-pipe, and promote their Expulsion : And *Morton* in his *Phthisiologia*, advises rubbing to fetch out the Effete and vapid Humour from the Habit of the Body to the Pores of the Skin to be Perspired there ; and indeed when Perspiration has been impeded, and the Matter long thrown upon the Lungs it will require both Time and Pains to divert its course, and turn the Humour again into its proper Channel, and 'till this is done the Cure will not be effectual ; Rubbing therefore greatly conduces to the Cure of this Distemper, and it is also serviceable in many others, and as it is in every Body's Power, even the weakest, and may be done at all Times, viz. Rubbing in Bed,
and

and without danger of catching Cold ; I strongly recommend it, and let none fear that this Rubbing will produce Colliquative Sweats, and weaken the Patient ; so far contrary that if moderately used it will lessen the Sweats and strengthen him, and therefore in cold, clammy sinking Sweats, in the decline of putrid Fevers, to rub the Body gently with a Flannel, and also adding a few Grains of Cort. P. to the Medicines is good Practice.

Fuller in his *Medicina Gymnastica*, has a whole Chapter on the benefit of chafing, or rubbing the Skin, which he says the Ancients used in almost all Distempers and with good Reason, since that Practice agrees so exactly with our modern Discoveries in the Oeconomy of Nature.

But to return, if the Cough is very troublesome put a Plaister of Gum. Tacamahac. between the Shoulders, high up the Neck ; also keep constantly in your Mouth one of the smoothing Lozenges as before directed.

Opiats, with which some are so very free in this Distemper, I use as little as possible, as they are apt to induce a torpid Indolence, so that the Lungs do not enough exert themselves, but suffer the Humour to lodge there 'till it ulcers them.

As for the Consumptive Cough or Ulcerated Lungs, I know nothing to be given but Palliatives ; some indeed think they have Cured their Patient and healed their Ulcer with Balsamicks, and some fancy they have cured themselves of this Distemper by swallowing live Frogs ; I met once with a Gentleman, a very sensible Man about 50 Years of Age, who told me in his Youth he was in a Consumption, and truly his case (as he re-
lated

lated it) was bad enough, in short he said he was advised to take young Frogs, by a Person who had taken them himself, for the same Distemper and was cured, so he took them, and they had the same good Effect (GREAT IS THE POWER OF OPINION) his way of taking them was to catch young Frogs, such as he could swallow, holding them by the Feet he put them into his Mouth, and so gulp'd them down alive ; the Remedy is easily got, and those that please may try it.

Writing upon the Cough puts me in Mind of the following case ; a Person having a Cough, to abate the tickling Defluxion upon the Trachea eat some Figs, and went to Bed easy and well, but wak'd in the Night with Pain at the Stomach, Sickness, and Vomitting, what he threw up was a mere Poultice of Figs, and it had acted as such in his Stomach, having drawn a deal of bilious Juice into it. It is observable that while the Sickness continued, Lungs were easy, and the Cough quite gone ; but next Day his right Foot swelling, the Pain at Stomach went off, but the Cough return'd. The Swelling being *Ædematous*, Fomentations were used to discuss it, which soon settled the Swelling, but brought a Fit of the Gout upon the well Foot ; upon this the Fomentation was discontinued, so no more Humour being thrown upon that Part the Gout did not increase, but was a gentle Fit and went off in a very few Days, but what's remarkable is, that the Humour which in one Foot was cold, pasty, and unactive ; in the other was inflamatory, hot, and painful.

CH A P. VI.

Of the D R O P S Y.

TH E R E was an Account from Bath not long ago of some Dropsies, viz. Ascites, cured by Rubbing the Body with common Oil ; a single cure by any Method is not much to be minded, but when several used it, and all that did so were Cured by it, as the Relator says they were is extraordinary, but (be that as it will) I took the more Notice of this Practice, as I have a great Opinion of Rubbing, or Chafing the Body ; and also as it was something like the Method I had used with an Hydropick, viz. An Ascites about two Years before, it was a Woman about 50 Years of Age, her Abdomen greatly swelled, she was so weak as to keep her Chamber, and mostly her Bed, and supported in it with Pillows, being very short-breath'd and Faintings ; Viewing the Swelling I observ'd some Inequalities about the Region of the Liver, so as to apprehend that Viscus to be greatly obstructed, and perhaps Schirrous ; I order'd her to be well rubb'd twice a Day, with a Solution of Soap pretty warm, then putting a thin Flannel upon her Body, and over that a Linnen Waistcoat button'd or laced close as she could bear it, and inwardly she took Pills of Soap Gum. Amm. Nitre. and Aloes twice a Day ; thus Soap was used inwardly and outwardly to scour the Glands and attenuate the viscid Humours ; some little Time after she went into the Country, continued her Medicines, and was carried into the Field when the Weather and her Strength could bear it, but was little better 'till by a sudden and large Flux of Water both by Urine and Stool, which continued for two Days together, yellow and in great Quantities, her Body suddenly settled and she recover'd.

How

How far Rubbing (in this case) was of service I cannot say, but as among the causes of Dropsies, obstructed Perspiration is generally one, Rubbing must be allow'd to have had some share in the Cure for among the other good Effects it produces, Perspiration is not the least.

Purging the common way of treating Dropsies, viz. Ascites wants greatly to be considered ; all Dropsy's do not require it, for in a Dropsy caused by an impoverished state of the Blood, Purging would more impoverish it, so likewise in that Dropsy caused by ruptured Lymphaticks, Purging by its Commotion would rupture them more, and more increase the Swelling ; and for the same reason, all jolting Exercise whether in a Coach, or on Horseback, ought not to be used, either in this Case, or in that of Ulcered Lungs.

But in Dropsies where the Constitution is not much broke and the Viscera in a tolerable State, that is when the Vessels are only relaxed, and distended with Humour but not broke : In this case, Purging aided by Steel, Exercise, Aromatics, or warming Bitters seldom fails to cure it ; but as we cannot know the true State of the Viscera, we must proceed with Caution ; for if upon Purging the Strength lessens and the Swelling increases, we must not persist in it ; in this case the different sorts of Diureticks must be tried, (as Dr. Mead rightly advises) viz. the Lixivial Salts, Squills, Mustard-seed, and I may add Cantharides ; for these it is well known judiciously used in Powder or Tincture will stimulate the Urinary Vessels, and cause a large Discharge of Urine.

Having mention'd Cantharides, I am thinking that as they excite, raise, and give Force to the Spirits, beyond any other Medicines yet known ; I say, I am thinking,

thinking, if they might not be used as a Cordial in Extremis, to rally the sinking Spirits, and rouse them up to do their Duty ; for given in Tincture or in Powder with Camphor, &c. their ill effect, the stranguary is prevented, and so are a safe and an excellent Medicine ; and how far also a Medicine so powerful might be of use, in some Palsys deserves consideration. This by the bye ; But to return to the several sorts of Diureticks, those of them must be used and continued that are found to do best, but all of them often fail, and when they do we must have a Recourse to Sweating, as a more certain Remedy in this Distemper, and it is thus done, viz. the Patient having on a Flannel Waistcoat next his Skin with Flannel Sleeves, Flannel Drawers, Woollen Stockings close knitted, and tight upon his Legs, so as gently to brace them ; he must when in Bed rub himself, as is directed in the Chapter of the Fever Nights and Mornings, and that not only 'till he Sweats, but he must continue rubbing all the Time he Sweats, by which the Sweat may be raised to any height, and may be continued as long as you please. And here I would observe, that if the Discharge of Humour, in the gentle way of natural Perspiration, be as great as it is said to be (even at the lowest Computation) how much greater must it be when forced by Friction, it drops at every Pore ; but to return ; By this way of Sweating, (altho' abundant) the Patient is not subject to the Faintings, and other Inconveniences of the Sweating Chair, only care must be taken a Mornings, that he be thoroughly cool before he rises, wearing his Flannel, viz. Waistcoat, Drawers, and Stockings, Night and Day, and these last I greatly prefer to laced Stockings, or rolling the Legs, as they more equally brace them, besides, as they warm the Extremities and keep up the Circulation there, they greatly conduce to preserve the Spirit of
those

those Parts, which is particularly needful in old Age, as every slip of the Knife in paring the Nails and cutting the Corns, indangers a Mortification. Immediately after Sweating, he must put a linen Belt over his Flannel Waistcoat, broad enough to cover the Abdomen, button'd or laced tight upon him, this must be constantly wore, and straiten it as he can bear it, taking daily the proper strengthening Medicines ; by this means the Blood is strengthened, Humours evacuated, the Solids braced and invigorated, which is particularly necessary in Dropsies ; for when the Fibres, &c. have been long soaked, in stagnating Humours, as they are in this Distemper, and become sluggish, torpid, and unable to exert any considerable motive force, Friction warms them, restores their Action, and strengthen them so as to resist a return of Humour, and will effect a cure if the Patient is orderly and his case curable, for this Reason I prefer it much to Taping (as that is generally but a Temporary cure) at least I think it ought to be tried before that Operation is suffer'd.

Having mention'd Steel I will give a good and very easy Preparation of it which I use ; Take an Ounce of Steel Filings, filed for the Purpose, to have them clean and unmixed, Sal Armoniac half a Drachm or a Drachm, put them into an Iron Mortar, moisten them with a few Drops of Water, rub them a little, then set them in a damp Place ; repeat the rubbing every two or three Days, by which the Body of the Steel will be perfectly opened and easily reduced into an impalpable Powder.

On the SMALL-POCKS.

HA V I N G some Observations by me on this Disorder, which I made a many Years ago, and should have publish'd had not Mr. *Maitland* introduc'd the Practice of Inoculating this Disease, for which the World is much oblig'd to him ; but, considering that many yet, have them the natural way, for all are not Inoculated, and that even some of those that are Inoculated, have a bad sort, and in that case are to be treated as if they had taken them the natural way ; I thought the Observations I have made on this Disorder (especially as some of them are unnoticed by others) might not be useless.

That I may not unnecessarily multiply the Species of this Disease I make but three sorts, viz. the good, the bad, and the worst, or deadly sort ; the first I call the distinct or good sort, that is when the Pocks are but few, especially on the Face, stands separate, are reddish, rise and fill, with yellow heads, these after they are all come out, which is commonly in four days, give no trouble, and generally but little before, and require nothing but Purging, when the Scabs are dry and fall off.

The second are the confluent or bad sort, these appear sooner, mostly on the third day, from the first Symptoms of Disorder, and by how much the sooner they come out, so much the greater (generally) will be their number, and as these differ much in degree of danger, I make three Assortments of them, whice I distinguish and call the hopeful, the dangerous, and the very dangerous ; I call these hopeful, be they coherent or confluent, which rise and fill, and when maturated, cover the Face with yellow or brown scabs, these I say are hopeful, but not without danger.

E

The

The second Assortment is the Chrystalline, viz. the undigested or watry sort, commonly call'd the white Hives, these are more dangerous.

The third Assortment is a Mixture of the common, the Crystalline, the Warty, and other sorts, by what Name soever call'd, which admit but little or no Matter or Humour into them, and are accompanied with Petechiæ; these when ripe form an Ash colour, or blackish crust, and sometimes mask the Face, with a cover like Parchment, and are very dangerous, but not hopeless.

The worst or deadly sort begins with violent Sickness, Vomiting, Delirium, the Pocks flush out hastily, sometimes that day or the next, small and extremely thick set, like an Erysipelas, the Skin of a deep red colour, and Patechiæ or purple spots appear up and down the Body, Spirit oppress'd, Strength quite sunk, great Anxiety and most outrageous Pain in the Back, which neither Bleeding nor Opiats can alleviate. In this distress Nature can do nothing for herself, nor has Art hitherto been able to assist her; various things indeed have been tried, and as in a desperate Disease, a doubtful Remedy may be given rather than none; a very few Grains of Calomel with Diascordium has been taken to raise a Spitting, but without Success, for it passed downwards, and truly if it had succeeded I question'd if it would have been of service, for when Nature herself has produced in this very bad sort a hasty premature Spitting, it has been of no Benefit, for it could not be continued, tho' properly assisted, but to return, the Pain, Sickness, &c. do not go off 'till the Patient makes bloody Urine, when the Pain abates, and he continues easy 'till he dies, which soon happens
after

after the bloody Water : For this frightful Symptom various Medicines have been given, viz. Infracassants, Stypticks, and Ol. Vitr. in large Quantities, but without Success ; whether or not the Bark has been used in this Case I know not, but as the Virtues of that Drug is now known to be great in Mortifications ; the Powder or rather a strong Decoction aided with Dr. *Eaton's* Styptick taken at the Mouth, and in Glisters should not be untryed ; in the mean Time the Physician will best acquit himself by preparing the concern, viz. the Relations for the sad Event, and by a timely Prognostick secure his Reputation.

As to my Method of Treating the Small-Pocks, viz. the Adults, it is thus if I am call'd in before Eruption, I bleed him if needful, as it commonly is, after that I give a Vomit or a Glisten, as either of them are indicated ; if in Summer I order the Room to be kept cool, but if in Winter warmer, and in both I order all superfluous Furniture to be removed, that the Room may be open and the more easily kept clean, and the Air more sweet ; the Patient may sit up or lie down as he chuses, and drink freely of any temperate Liquor mixed with a little Wine, if he has been used to it, and is faint, otherwise none : I then wait for (but do not force) Eruption, and as soon as the Pustules appear (but the slower the better) I order him to Bed, especially if it be in Winter, but with no more covering than usual, for he must avoid Sweating, as at this Time nothing would be more prejudicial : but tho' I forbid Sweating or heating him, I would not have him chill'd, but kept in a blood-warm equable Temper as much as may be, and this will be best obtained in Bed, taking a Dose of the Pulv. E. Chel. C. C. twice a Day in any proper Vehicle.

But

But if he has too much Fever, his Flesh hot and dry, his Spirits hurried and restless, in this Case a little Nitre and Lemon Juice must be added to all his Drink, the Saline Mixture is also proper, and now and then some Drops of Laudanum ; here also a Glister of Milk and Sugar may be given, but if I can chuse to do without it ; by this, his Spirits will be more calm, Circulation less hurried, the Fever more moderate, and the Skin more moist, soft and yielding, so that the morbid Matter which Nature is now acting upon and expelling, will pass more easily from the Center to the Circumference ; thus I raise or lower, warm or cool, as I see necessary, for both the warm and the cool Regimen, not the hot and the cold for I avoid, extremes are proper when properly timed.

But when Nature does her own work and Things go on well in her own way, I think she should not be put out of it ; I mention this in regard to the Swellings of the Face and the upper Parts, for in this Distemper Nature (if undisturbed) throws a Part of the variolous Humour upon them, especially upon the Face, (which as far as I have observ'd) the more it is swell'd, and the longer it continues so, the less is the Danger ; and yet a Gentleman in the *Edin. Medical Essays*, is of a different Opinion, and therefore gives Lenitives to open the Belly and carry the Humour downwards ; and another Gentleman in the same way of thinking advises to Bathe the Feet and Legs in warm Water, before and at the Eruption, to draw the Blood from the upper to the lower Parts of the Body ; I never knew this done but once, to a Girl of about 13 Years of Age, towards the End of the Eruption, it was in the confluent sort, and the Patient (to all Appearance) in a good way ; but upon this, she soon alter'd for the worse and died

died in a few Days after ; and indeed while Nature is throwing the morbid Matter upwards, and Art at the same Time is drawing it downwards ; I should fear that this counter Action, this Jumble, would so confuse and blend the Humour with the Blood, as not to be afterwards seperated from it : But these Gentlemen say, they have for many Years used this Practice with success.——Facts silence me.——But to return to the Eruption, in this Stage is generally laid the foundation of the good or bad Event of this Distemper ; Nature is now at work to expel her Enemy, and to throw the noxious Matter out of the Body upon the Skin, and as she does or does not succeed in this work, there will be more or less trouble, more or less danger in the following Stages, she must therefore be carefully watch'd and assisted in her work, or the Eruption will be imperfect, and the remaining morbid Matter in danger to be thrown upon some principal Viscus, and fixing there cause direful Symptoms and Death, thus the Patient is taken off on a sudden, and that not unoften, when all 'Things outwardly looked well, and 'till that Moment promised a Recovery ; so that to clear the Blood of this morbid Matter as much as possible ought to be the Physician's great care in this Stage of the Distemper and this is best done by keeping the Blood in a due degree of motion, and the Skin supple, soft, and yielding, so as not to resist the Humour thrown out of the Blood upon it ; for this Purpose it may be sometimes proper to put Bladders full of hot Bran and Water into his Bed.

About the third Day of Eruption, Salivation usually comes on ; in Adults I once saw it in a Girl about four Years old, which continued throughout the Distemper, she had the Chrystalline sort, or white Hives, and was
very

very full but did well, this Evacuation, viz. Salivation is of great consequence in this Disease, so that every thing must be done to promote and continue it throughout the Distemper, for it should not cease till the Face and Hands, &c. are swelled, viz. the 10th, 11th, and 12th Day reckoning from the 1st Day of Eruption, and if it continue after that so much the better ; as soon therefore as it begins, the Patient's Neck and Throat must be covered with thin Flannel from Ear to Ear, and he must often wash his Mouth with a Decoction of Figs warm, which as it smooths and relaxes, will be a proper Gargle while the Rheum is thin and copious, but when the Flux lessens and the Humour grow viscid, add half an Ounce of Oxy-mel of Squills, and a quarter of an Ounce of sweet Oil to half a Pint of the Decoction, syringe often and use it warm, also holding his head now and then over a hot Stupe of Herbs ; all this time he must drink plentifully of any temperate diluting Liquor warm, unless there be tendency to a Diarrhæa, in which case his Drink must be Rice Water, or the Decoctum Album, and after the first Stool if he has any, give gentle Astringents, viz. Torrified Rhubarb, Diascordium, and Liquid Laudanum, for this Stool is generally the fore-runner of more, and though it is solid, the succeeding Stools will be liquid, and must be check'd, or the Salivation will stop, and the Skin and Pustules turn pale, and the Fever increase.

As to the open and costive Belly in this Distemper, the first is proper for Children, but the latter for Adults, not that but a Stool if wanted may be promoted with safety, but to give Lenitives, (as some advise) to keep the Body open throughout the Disease, is (by what I have observ'd) a dangerous Practice, of which I would caution the young Practitioners.

Eruptions

Eruptions being finished, and the Body more or less spread with Pustules ; Nature is now at work to fill them, which takes up four Days, viz. 5th, 6th, 7th, and 8th, and is called the Stage of Augmentation ; in this Stage much the same Management and Medicines are required as in the former.

The next Stage is that of Maturation, which also takes up four Days, viz. the 9th, 10th, 11th, and 12th, reckoning from the first Day of Eruption, and here I desire it may be observed, that from the beginning, that is from the first Day of the Illness to this Time I give no Cordial or Blister, unless they are strongly indicated, that is, if the Patient be cold, pale, and fainting, when one or both must be immediately used ; the Things to be done in this Stage, are to continue the Salivation, keep up the Swellings in the Face and Hands, to alleviate the Pain of the inflamed Pustules, and promote the variolous Steams, which last I strongly recommend, as a mean, and a very great one, to prevent a high secondary Fever, which at this Time often attack the Sick, and as it is caused mostly by a reabsorption of the variolous Matter, there is nothing better to prevent it, then to keep his Body warm, moist, and steaming, so that it is as much the Physician's Business in this Stage to enable Nature to resist a return of the morbid Matter into the Blood, as it was in the Stage of Eruption to help her to throw it out of the Blood. These Intentions judiciously executed, are of great avail to this Distemper.

Here, a something warmer Method and Medicines are required, the Medicines are the milder Diaphoreticks, as Lap. Contr. Y. Myrrh. Castor. Saffron. Cochineal. Laudan. Camphor. Nitre. Sem. Santon, &c. varied
and

and dosed according to Age and Circumstances, and these may be greatly assisted by covering the Patient's Hands with Linen Muffs, and keeping them in Bed ; and also lapping his Feet and Legs in Flannel, and more especially by Blisters, as I shall presently shew, he must Drink plentifully of warm Possét Drink, or Wine Whey, stronger or weaker, as Circumstances require ; he may take a Glass of Wine with a Toast, Chicken or Veal Broth, and it is always a good Sign when he desires them.

In the Chrystalline Pocks towards their Declention, Cort. Peru. may be added to the Medicines, the better to digest the Ichor of that crude sort.

The Cortax must likewise be added to the Medicines in the Petechiæa sort, but in greater Quantity, and Spirit of Vitriol dropt into all his Drink from their first Appearance.

But to return to the Swelling, and first to that of the Face, to promote which, on the 9th Day in the Morning or the Night before, as I see occasion, reckoning from the Day of Eruption, I put two Blistering Plaisters behind the Ear, and on the 10th Day I put one betwixt the Shoulders high up in the Neck, and on the 11th Day I put two on the Wrist, and also upon Ancles if needful ; thus I am beforehand and lead Nature and as it were, court her to do her own work in her own way, and indeed she herself points out this Practice so plainly, that it is wonderful that of the many who have wrote on this Distemper, none of them should have observed it.—I have used this Practice above 40 Years, others may have used it before me for any thing I know, but Dr. HUXHAM is the first that has publish'd
for

for which the World is oblig'd to him, I therefore appear only as his Voucher for this excellent Practice, and am pleas'd to do so.

But to return, These Plaisters on which I greatly depend, must be made soft, that they may lie close to the Skin, and I add Camphor to them to prevent Stranguaries, as they are all to lie on 'till the 15th or 16th Day of the Distemper or longer, viz. 'till the Danger is over ; and before I quit the Plaisters, I must declare that I have found them so very serviceable in the bad sorts of this Distemper, particularly in the Stage of Maturation, it used in the Manner as here directed ; that I do not fail to put them on, be the Pocks more or less dangerous, for in this Distemper I do not wait for Danger but meet it, and by this early means generally prevent it ; the Plaisters as they act both as a Drain and a Cordial, are at this Time of great Benefit to the Patient, and as they give no Stranguaries they should not be taken off 'till all Danger is over. N. B. The Plaisters thus used, I found particularly serviceable for Children in the bad sorts, who will not take Medicines.

Opiats must now be given to alleviate the Pain and Inflammation of the Pustules and their Interstices which are now, or should be, greatly inflamed, distended, and painful, for by keeping Things quiet, they moderate the Fever, and promote Maturation, and as they, viz. the Opiats are under the Protection of the Blisters, they may be repeated as often as needful without danger, unless viscid Phlegm or difficult Breathing forbid them. N. B. When Opiats are necessary, but do not produce the desired Effect and the Body has been several Days bound, a House Glisten may be proper.

By this Time the Pustules on the Face begin to scab, and as they dry they must be anointed with a Feather dipt in a Liniment of Oil of Almonds and Sperma Ceti warm, or Neats-foot Oil ; this often repeated keeps them always moist, softens the Scabs, and blunts the Purulent corroding Matter lying under them, and not only clears off the Scabs, and preserves the Face from Deformity, but also prevents a new or a third Fever occasioned (as some think) by a reabsorption of this purulent Matter into the Blood ; if a very little Brandy is added to the Oil in the Chrystalline or Watry sort, it will be more drying ; Purging finisheth the Cure.

This is my Method of Treating this Distemper, and which it is well known, has been attended with remarkable Success ; here the Reader will observe, that I attend Nature thro' every Stage of this Disease, watch her Motions, raise or lower, warm or cool, as Things require, and that too as soon as possible, for there is no Distemper, in which Delays are more dangerous ; I hurry nothing, so create no bad Symptoms, but notwithstanding all our care, Symptoms will arise in the course of this Illness, dangerous to the Sick, and perplexing to the Physician ; for sometimes, especially towards the End of Maturation, the Rheum is so viscid that Salivation stops, and the Sick in danger to be choak'd ; in this case, I add Half an Ounce of Oxymel of Squills, also a Quarter of an Ounce more of Oil, and two Ounces of strong Cinnamon, or other Cordial Water to the Gargle, and syringe, often putting the Pipe down the Throat as far as you can, to excite a Hawking, if this does not clear the Phlegm, I advise an expectorating Lozenge, as described in the Chapter of the Asthma, to be put in the Mouth, but

as the Mouth is how tender, the Lozenge must be softened, by putting it in half a Spoonful of hot Water before it is used ; this by warming and stimulating the Glands of the Mouth and Throat, (and therefore must not be spit out nor swallowed, 'till it is all dissolved) causeth a strong Excretion or Boaking, and a great discharge of viscid Matter, and is less alarming then a Vomit, which is sometimes given in this Case.

It is also to be observed, that about this Time the Fever call'd a second Fever, with Dilliria, difficult Breathing, and other Symptoms of imminent Danger seize the Patient, for this some Physicians order a Vein to be opened, but others forbid it ; I make no doubt but that Symptoms may and do arise at this Time, which require Bleeding ; but it concerns the Physician to take care he does not Mistake, I mean the Strength of his Patient, as he will certainly be thought to do, and greatly blamed, if the promised good Success does not follow the Operation.

If therefore he is doubtful it will be prudent to drop the Lancet, and order a House Glister, and also put Leeches on the Temples, to give mild Diaphoreticks, to put Bladders full of scalded Bran into his Bed to soften the parched Skin, and to open the Pores, and raise a Sweat, also to apply Cataplasms of Milk and Bread, Flour and Hog's Lard boiled stiff, and spread upon Cloth sprinkled with Flour of Mustard-seed, and put over the Feet warm, and repeated before they are cold ; by these the Fever is sometimes abated, or brought to a Remission, which is near to a cure ; but if the Direction in the foregoing Stages be duely observ'd, this Fever will be less frequent.

And

And lastly I would observe, that when in this Stage, the usual Swelling of the Face, &c. does not sufficiently rise or fall too soon after they are risen, the Face flat, pale, and sometimes white as a Sheet, the Patient convulsed, and comatous or sick, and greatly uneasy, Salivation stopped, little or no Urine made tho' a frequent motion to it, no salutary variolous steams, so no port now open to discharge the morbid Matter, and yet it must be discharged, (and that too immediately) for Nature is sinking in this Distress; we can depend upon nothing but Purging, it is Purging or Death, and if both, yet the Physician is not to be blamed while he is honestly doing his Duty: What I here recommend I have done with Success, viz. Dissolve two Ounces of Manna, in half a Pint of Water, strain it, and add to it as much Compound or Spirituous Wormwood Water as will make it Cordial suitable to the Age and Strength of the Patient; to Children give it by Spoonfuls, but to Adults by Draughts 'till it works, repeating it as needful.

OMISSIONS.

O M I S S I O N S,

A. In the Chapter of the Fever, Page 6th, Line 32. But whether the Fever is caused by Cold or taken by Infection a gentle Sweat is found to be proper in both, for in that terrible Distemper called the Sweating Sickness, so very destructive heretofore in England, that (as it is said) but few recovered that were seiz'd with it, after various Methods tried to no Purpose, at last they luckily hit upon the following, viz. Upon the first Feelings or Symptoms of the Distemper, if in the Day-time, the Person was immediately put into Bed with his Cloathes, and every thing he had then upon him; but if he was seiz'd in the Night and in Bed, he was not to stir out of the Spot he lay'd in; by the warmth of the Bed a moderate Sweat was raised, which being continued 24 Hours, expelled the morbid Matter, and cured the Patient; during this Time he was to Eat nothing, or Drink more than just to quench his Thirst, and that warm, nor have too many Cloaths upon the Bed, for his Sweat must be but moderate; during the Sweat great care was taken that he got no cold, for putting a Hand or a Foot out of Bed to cool it was as much as his Life was worth. In this Distemper violent Sweating and no Sweating (we are told) were equally destructive; the Salutary Sweat was a moderate one, raised by gentle means, in the beginning of the Illness, and continued 'till it went off.

B. In the Chapter of the Fever, Page 9, Line 19, Some Physicians greatly praise a spontaneous Spitting in Fevers; TULPIUS, in his *Monita Medica*, says, *Tempestiva et Exuberans Saliva, Optimum juxta ac Praesentissimum acutissimarum Februm Auxilium*. And SYDENHAM gives us the History of a Fever that cured itself

itself by Spitting; this Fever he says, was attended with Petechiæ, and other ill Symptoms, and continued long unless Death interposed, or a Spitting happened to arise, which if it flow'd plentifully, MORBUS as he expresses it, *Ultra Spem. Omnem, fugam sibi Querebat*, and the Sick was sure to recover, provided the Spitting was not check'd by Evacuation, or by hot Medicines,—and then drops it. But though SYDENHAM says no more about it, I think this Cure too concerning to be overlook'd: Nature here shews us a Method of Cure which (when other Methods fail) should be follow'd, for in a dangerous case every safe and probable mean of relieving the Patient ought to be try'd, and as a Spitting may be produc'd by taking now and then a Tea Spoonful of Oxymel Seil. and working it in the Mouth, or by Half a Tea Spoonful of Vin. Ben. used in the same Manner it should be done, for either of them will create a nausea, and a hauking and spitting and discharge much Humour; thus an Outlet is opened, and Nature led in her own way to discharge the Morbid Matter, and set herself right.

C. In the Chapter of the Pleurisie, Page 15, line 22. I advise large Bleeding, but not so much as to break the Texture of the Blood, and render it Effete, which has been the loss of many a Life. Bleeding is here used to lessen the Inflammation and abate the Stitch, and this may be greatly assisted by the Application of Leeches. When therefore the Pain is abated, and the Breast able to bear shaking, I mean forcible Coughing, the Launcet must then be spared, and the usual Expectorants given, for the Cure of this Distemper depends much upon copious Spitting, and as Gum Ammon (by what I have found) would promote it much more than
any

any of the common Pectorals. I think it might be of service, not only in this, but in most Distempers of the Breast, if about a Grain was kept in the Mouth constantly, and half a Spoonful of any Oily Mixture taken now and then (during this Time) to lubricate.

D. In the Chapter of the Asthma, Page 17, line 27, Instead of Lozenges 8, Read 12.

E. In the Chapter of the Cough, Page 24, line 10. TULPIOUS, in his Book of Medical Observations, gives us the case of a Women in a very dangerous Consumption cured by eating raw Oysters; so that the Virtue of Frogs in this Distemper is the less marvellous.

F I N I S.

one of the most important of the
 things which we have to do is to
 make sure that we are not
 doing anything which is
 likely to lead to a
 breakdown of the system.

It is not enough to say that
 we are doing the right thing
 if we are not doing it in the
 right way.

The first thing that we have to
 do is to make sure that we are
 not doing anything which is
 likely to lead to a
 breakdown of the system.



